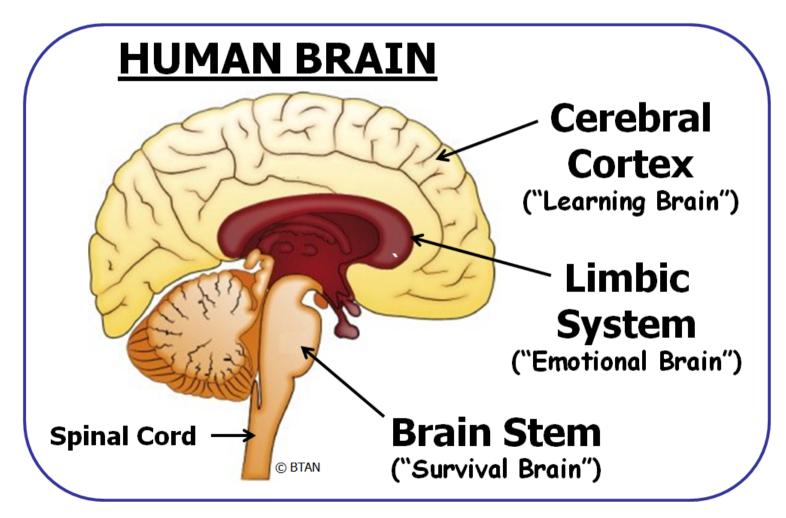


#### **OUR EVOLVING BRAIN**



Our brain evolved over millions of years into **3 main layers**:



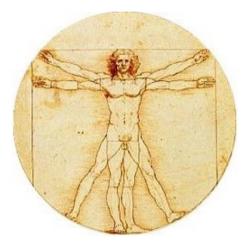


#### **MENTAL EXPERIENCE**



#### THREE PARTS OF MENTAL EXPERIENCES:

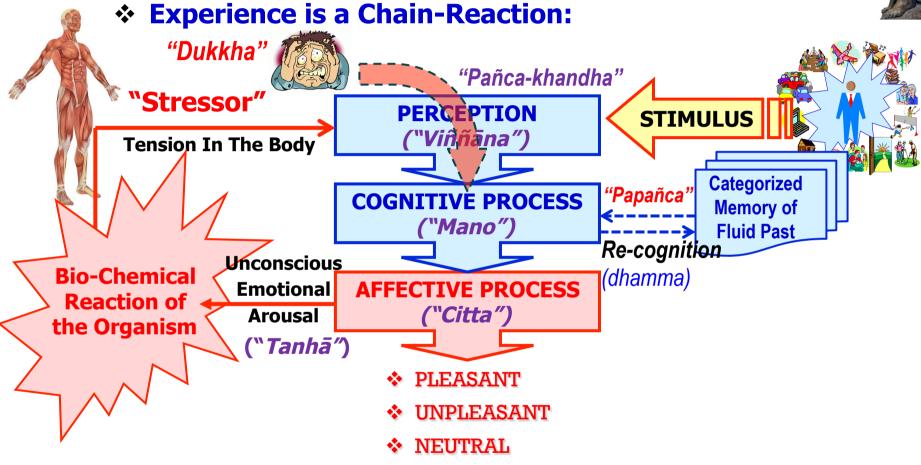
- Viññāna: Product of the <u>Process of Perception</u>
  - what is perceive through the sense organs;
- Mano : <u>Cognitive Process</u> ("intellect")
  - categorized interpretation of perception giving meaning to what was perceived;
- Citta: <u>Affective Process</u> ("emotions")
  - > arousal of emotion leading to emotional excitement;
  - personalizing the experience with the notion there is a "self" in the "world".





#### PROCESS OF EXPERIENCE





- Grief (sōka)
- Lamentation (paridēva)



# FIGHT OR FLIGHT REACTION



- 7) Hair stand on end
- 8) Pupils dilate to enhance vision
- 9) Facial expression distorted
- 10) Perspiration, trembling, body temperature rises
  - 11) Blood sugar level rises to aid metabolism
    - 12) Body immune system suppressed

- 1) The brain sends a message to the glands
- 2) Adrenal gland releases <u>Adrenalin</u> & <u>Cortisol</u> into the blood stream, carried to various organs in the whole body
  - 3) Heart beats faster, blood pressure rises, to increase blood circulation
  - 4) Respiration deepens, to increase oxygen intake
  - 5) Intestinal movements cease to conserve energy
  - 6) Muscles become tense (getting ready to resist or run)

**EMOTIONAL EXCITEMENT** 



#### **EMOTIONAL REACTION**



**Experience** is a Chain-Reaction:



STRESS
"Dukkha"

PERCEPTION
("Viṇṇṇaṇa")

COGNITIVE PROCESS
("Mano")

AFFECTIVE PROCESS ("Citta")

Stress (dukkha)

 Distress (Depression) (domanāsa) DISTRESS "Domanāsa"

PSYCHOLOGICAL AROUSAL

MEMORY,
IMAGINATION &
EXPECTATION
(Lobha, Dosa, Moha)

Emotional Excitement



#### **COGNITIVE DISSONANCE**

(Vicikicchā)

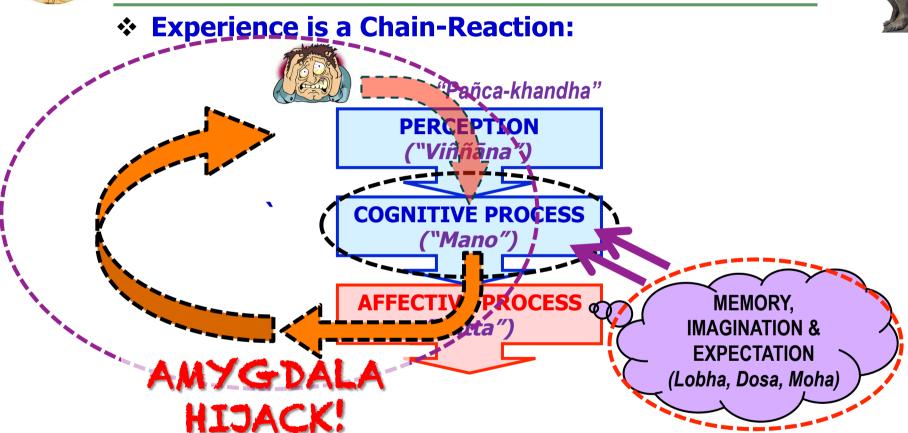
When "FEELING" and "REASONING" pull in opposite directions and one experiences <u>cognitive dissonance</u> ("vicikicchā"), one invariably reacts according to FEELING, and then "justify" one's emotionally charged decisions with clever "reasoning".





#### **EMOTIONAL HIJACK**





Expiration / Exhaustion (upāyāsa)



# **EMOTIONAL REACTIONS (Tanhā)**



## Emotional reactions (tanhā) are of three types:

#### • Pleasant sensations:

▶ Lobha: Lust & greed for pleasures ( kāma-tanhā )

#### • Neutral sensations:

Moha: Delusion of existence (bhava-tanhā)

## • Unpleasant sensations:

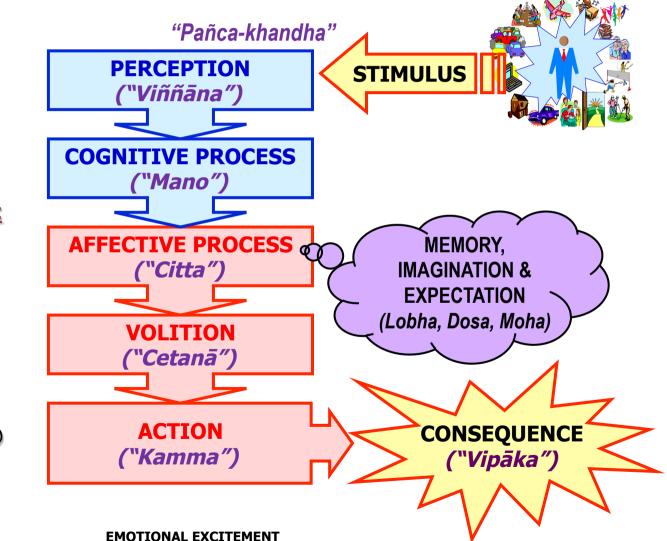
Dosa: Aversion & hatred of displeasures (vibhava-tanhā)



#### PROCESS OF EXPERIENCE



#### **Experience** is a Chain-Reaction:



**8 Worldly Conditions:** 

Gain & Loss

E Fame & Ill-fame

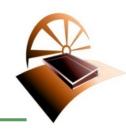
■ Praise & Blame

☑ Pleasure & Pain

(Lokavipatti Sutta AN 8:6)



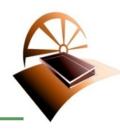
# CONSEQUENCE OF THE REACTION (Vipāka)



- Consequences of the reaction are <u>Internal</u> and <u>External</u>
- The <u>Internal</u> consequences arise at different levels: (General Adaptation Syndrome – "stress")
  - Grief/Sorrow (sōka)
     Lamentation/Mourning (paridēva)
     Physical Pain (dukkha)
     Distress/Depression (domanāsa)
     Stage of Resistance
     Exhaustion/Expiration (upāyāsa)
     Stage of Exhaustion



# **External Consequences**



- External consequences arise in different ways:
  - 1. In relation to Opposite Party
  - 2. In relation to Society
  - 3. In relation to Law of the Land
  - 4. In relation to Environment
  - 5. In relation to Matters arising after Death

